

## Seafood Safe Handling Tips

- When shopping, purchase seafood last and keep it cold during the trip home.
- Keep raw and cooked seafood separate to prevent bacterial cross-contamination.
- After handling raw seafood, thoroughly wash knives, cutting surfaces, sponges and hands with hot, soapy water.
- Always marinate seafood in the refrigerator. Discard used marinade as it contains raw juices which may harbor bacteria. When marinade is needed for basting, reserve a portion before adding raw seafood.

## Buying and Storing Tips

- Meat should be firm with a fresh sea breeze aroma and no discoloration.
- Store fresh fish in the coldest part of the refrigerator at 32 degrees for up to two days.
- To freeze, wrap fish tightly to prevent freezer burn; date the package and store at 0 degrees for up to two months. Thaw in the refrigerator or under cold running water.

## How Much to Buy

- Fillets  $\frac{1}{4}$  to  $\frac{1}{3}$  pound per serving
- Whole or drawn fish  $\frac{3}{4}$  to 1 pound per serving
- Dressed whole fish  $\frac{1}{2}$  pound per serving

## Cooking Tips

- Cook fish at 400 degrees for 10 minutes per inch of thickness of the fillet or steak.
- Cook until meat is opaque and flakes easily with a fork. Cook thoroughly but do not over cook.
- To grill, use a grill basket to prevent the meat from falling through the grill.

# Mullet

Mullet are found in the bays and estuaries on Florida's Atlantic and Gulf Coasts and also worldwide in tropical and subtropical waters. Striped mullet (*Mugil cephalus*) and white mullet (*Mugil curema*) are the two varieties of mullet commercially harvested in Florida. Striped mullet are commonly called black mullet, gray mullet or jumping mullet. White mullet are called silver mullet.

Mullet have an elongated, stout body with a dark bluish color at the top shading to silver along the sides and widely separated dorsal fins. The average weight is 2 to 3 pounds, but can be in excess of 6 pounds.

Mullet swim in large schools and are commonly seen jumping out of the water. This accounts for the name "jumping mullet" and makes it easy for fishermen to spot them. The primary Florida commercial fishery area is along the Gulf Coast. Commercial harvesters use a cast, beach or haul-seine net to catch mullet.

Nutritional Value Per Serving: For approximately 4 ounces (114 grams) of raw, edible portion: Calories 130, Calories From Fat 35, Total Fat 4g, Saturated Fat 1.5g, Trans Fatty Acid 0, Cholesterol 55mg, Sodium 85mg, Total Carbohydrates 0g, Protein 21g, Omega 3 Fatty Acid 0.35g.

Mislabeling seafood is illegal. If you believe a seafood product purchased from a seafood retail store or supermarket seafood counter is mislabeled, please contact the Florida Department of Agriculture and Consumer Service at (850) 617-7280.

Always ask for Florida seafood and look for the "Fresh From Florida" logo.

**FreshFromFlorida.com/Seafood**

# SeafoodRecipes



**Florida Department of  
Agriculture and Consumer Services**

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## Grilled Florida Mullet with Hot Mango-Honey Sauce

### Ingredients

- ¼ Cup honey
- ¼ Cup rice wine vinegar
- 2 Tablespoons Worcestershire sauce
- 1 Tablespoon Dijon mustard
- ¼ Teaspoon hot pepper sauce
- 1 Tablespoon jalapeño, diced
- ½ Cup pureed mango
- 4 6-ounce mullet fillets
- Parsley sprigs for garnish

### Preparation

Preheat grill to medium hot. For approximately 1 cup of sauce, combine all ingredients except fish fillets in a small bowl. Reserve ½ cup to serve with cooked fillets. Brush both sides of fillets with sauce; place fillets in a single layer in well-greased hinged, wire grill basket. Cook on medium hot grill for 5 to 8 minutes. Baste fillets with sauce and turn; cook 5 to 8 minutes more or until fish flakes easily. Serve with reserved sauce and parsley garnish.

### Yield

4 servings



## Lemon Herb Baked Florida Mullet

### Ingredients

- 4 6-ounce mullet fillets
- 2 Tablespoons olive oil
- 3 Tablespoons lemon juice
- ½ Teaspoon fresh basil, chopped
- 1 Teaspoon fresh rosemary leaves, chopped
- 1 Teaspoon fresh thyme, chopped
- ½ Medium onion, thinly sliced
- ½ Cup red bell pepper, diced
- Sea salt and fresh ground pepper to taste
- 1 Lemon, sliced
- ½ Cup dry white wine
- 2 Tablespoons parsley, chopped

### Preparation

Preheat oven to 350 degrees. Place fillets in a single layer in a greased baking dish. Drizzle olive oil and lemon juice over fillets. Season the fillets with basil, rosemary, thyme, onion, diced red pepper, salt and pepper; top with lemon slices and pour wine over all. Bake for 25-30 minutes or until fish flakes easily with a fork. Sprinkle with chopped parsley and serve.

### Yield

4 servings



## Fried Florida Mullet Fingers

### Ingredients

- Canola oil for frying
- 2 Pounds mullet fillets
- 1 Teaspoon salt
- ¼ Teaspoon pepper
- ½ Cup all-purpose flour
- 1 Cup yellow cornmeal
- 2 Teaspoons cayenne pepper
- Lemon slices

### Preparation

Heat oil to 375 degrees in deep fryer or deep saucepan. Cut fillets into 4-to-5-inch strips. Combine salt, pepper, flour, cornmeal and cayenne; mix well. Coat fish with mixture. Deep fry fish in hot oil for 4-5 minutes until fish is golden brown. Drain on paper towel and serve with lemon slices.

### Yield

6 servings